

# Yogurt Pops

1 pint plain non-fat yogurt  
2 tablespoons frozen orange juice concentrate\*  
2 tablespoons sugar  
1/2 teaspoon vanilla

Combine ingredients, mixing well.

Pour into 3-ounce paper cups. Freeze until almost firm, about one hour.

In each popsicle insert a wooden stick\*\* or plastic spoon. Complete freezing.

Makes 5 or 6.

\*Mix the remaining concentrate with water to make juice for breakfast or snacks.

\*\*Tongue depressors from the drug store make good popsicle sticks.

Written by Elisabeth Schafer, extension nutritionist, and Diane Nelson, extension communication specialist.